

DIRECTIONS

FOR

DRINKING.

THE

CHELTENHAM WATERS;

WITH A

SELECTION OF CASES,

ILLUSTRATING THEIR EFFECTS IN A GREAT VARIETY

OF

DISEASES.

“ Non est vivere, sed valere, vita.”—MARTIAL.

BY

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&c. &c.

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PREFACE.

HAVING already published a Work on the Cheltenham Waters, the Author thinks it right, at the commencement of the present Publication, to explain why he again comes before the Public on the same subject. Before he came to Cheltenham, he had frequently found himself embarrassed when consulted by Invalids respecting the propriety of drinking the Cheltenham Waters. There existed at the time no Treatise in which the qualities of these Waters were well explained, or in which their use or application in the cure of disease was deduced from the doctrines of chemical and pathological science. The Treatise of Dr. Jamieson, which had been written many years before, was the only one that existed on the subject. This work possessed, and possesses, considerable merit, and has this further claim to public attention—that it was the first regular Treatise by which the Cheltenham Waters were introduced to the notice of the Public; and its respectable Author has ever since continued to be one of their warmest and most zealous advocates. The improvements, however, which had taken place in chemical science, since the publication of Dr. Jamieson's Treatise, and also the advances that had been made in physiological and pathological researches, rendered a new publication necessary, in order to keep pace with the improvements of science. With this view, and to give to others what he himself had before wished for, the Author, as soon as he had made himself perfectly acquainted with the real nature and character of their chemical combinations, published his "Observations on the Cheltenham Waters." As that work, however, was not a

ecessarily increase ; for, as they never fail of success, because never used unless where they are really useful, every one joins in their commendation, until, at length, by the concurring testimony of all, they attain the acme of celebrity.

Having once acquired this high reputation, they are resorted to by invalids of every description, who, considering them a remedy for all diseases, use them without advice, caution, or discretion. With some of those, perhaps, they agree ; with others they disagree ; and to some they may prove positively injurious. At all events, it must be evident, that, under such circumstances, they will no longer retain in their favour the concurring testimony of all. At this stage of their progress, also, Mineral Waters are very generally used for the purpose of obviating or preventing disease. Thousands annually resort to them, and drink them without the slightest previous preparation, in order, as they imagine, to lay in a stock of health ;

but, as many of those will be disappointed in their expectations, they will only add to the catalogue of failures, and detract from the general reputation of the waters, until, at length, a majority either condemning them, or doubting their efficacy, they gradually arrive at their period of decline, and the confidence of the public is transferred to some new Watering Place, destined to undergo the same revolutions.

Such are the real causes why Mineral Waters seldom enjoy a permanent reputation. Their physical qualities remain the same, and, under circumstances exactly similar, they will always produce the same salutary effects ; but when used in diseases, which in their nature are essentially or entirely different, or in the same disease, at various stages of its progress, without any previous preparation, their want of success in such cases can only be attributed to their abuse, or misapplication.

To prevent, as much as possible, this abuse, or misapplication, and consequently to endeavour to support the high reputation of the Cheltenham Waters, shall be the object of the following pages. This object I shall endeavour to accomplish, in the first place, by giving such general Directions respecting their use—quantity—temperature—season of the year—period of the day—regimen, &c.—as will, I expect, prevent invalids from committing any serious mistakes, by which they might injure either their own health, or the reputation of the Waters. In the second place, by giving a general idea of those symptoms and circumstances in which the Waters are more likely to be injurious than useful. And, lastly, by the introduction of particular Cases, accompanied by such remarks, as the nature of the cases or diseases may have suggested, at the time they were under treatment.

Before leaving this part of the subject, it may not be unimportant to remark, that, as

the same diseases present the same phenomena in different individuals, merely modified by peculiarities of habit and constitution, invalids, perhaps, will be able to find, among the cases here introduced, some resembling their own, from which they will be able to judge whether or not the Waters are likely to be useful to them ; and, as the habit of body, period of life, general habits, and state of the constitution, are generally mentioned, they will be right to form their opinions from those cases, which, in these respects, may be found to come nearest their own.

CHAPTER I.

GENERAL DIRECTIONS.

INCLUDING SEASON OF THE YEAR, TIME OF THE DAY, &c.

A COURSE of the Cheltenham Waters may be commenced at any time between the months of March and October; but, although it is the fashion to drink them late in the season, there can be no doubt but they would be productive of more benefit if taken early in the spring. Spring is the season of inflammatory diseases; it is then the circulation is most rapid; and as the general effects of the Cheltenham Waters are to lessen vascular excitement, it is then they may be taken with the greatest advantage.

Having, in my “Observations on the Cheltenham Waters,” discussed at some length the diseases, and classes of diseases, in which the Waters are useful, I shall not here resume that subject, but shall beg to refer my Readers to what I have

there written. I shall here merely remark, that if the Waters were used in the spring, instead of deferring their use till summer or autumn, many cases of inflammation of the abdominal viscera might be prevented. Where there exists an obstruction in the ducts of the liver, or in the glands of the mesenteric system, the re-action occasioned by the heat of summer, may give rise to inflammation in these organs, which probably might have been prevented by the use of aperients in the spring.

I have had occasion to observe, that, in Cheltenham, inflammation of the bowels is by no means an unfrequent disease in the autumn; and, considering the very healthy situation of the place, and its entire exemption from epidemic and endemic diseases, I was at a loss for some time for an explanation of this apparent anomaly. I think I have since ascertained the cause. It has been observed to occur chiefly in persons of a full habit, and apparently in the enjoyment of good health, and to such it has frequently proved fatal. I have generally found, on inquiry, that they had begun to drink the Waters at this season without any previous preparation or advice, and being half doubtful of their utility, or of their own necessity for the

use of them, they sometimes took the Waters, and sometimes omitted them; continuing at the same time a full and stimulating diet, such as they had been always accustomed to. The Cheltenham Waters, like other aperient medicines, produce their effects by stimulating the intestinal canal; and, consequently, when they are not sufficient to open the bowels, or when other medicines are not used at the same time to assist this effect, it is not to be wondered that they should irritate the mucous membrane of the intestines, and when a full and stimulating diet, with wine, &c. is used at the same time, that this irritation should occasionally terminate in inflammation of the bowels.

Besides the advantage here mentioned of drinking the Waters in the spring, there is no other period of the year when Cheltenham appears to so much advantage. The walks at this season are peculiarly beautiful, and the eye rests with delight on the deep verdure of the trees and shrubs, with which they are every where surrounded. The exercise of walking at this season, and during the cool freshness of the morning, will powerfully assist in removing disease where diseases really exist, and it is amidst such scenes, and at such an hour, that the hypochondriac is most likely to forget the diseases of the imagination.

After what I have here said, it is scarcely necessary to mention, that the morning is the best time of the day for drinking the Cheltenham Waters. A band of music attends at each of the Wells, from eight till ten o'clock, and contributes not a little to the cheering influence of the scene. For those, however, who are weakly, or who may be still in a state of convalescence, from acute diseases, an earlier hour would be more advisable, for there is nothing more likely to depress the spirits of an invalid, to make the head giddy, and perhaps occasion a re-action in debilitated organs, than the noise and bustle, and floating figures, of a crowded and fashionable premenade.

CHAPTER II.

CHOICE OF THE WELLS, AND OF THE DIFFERENT VARIETIES OF THE WATERS.

THE next object to be considered is the choice of the Wells, and of the Waters. On this subject it is difficult to convey much general information, as the choice must be, in a great measure, influenced by the nature of the diseases for which they are used, and by circumstances connected with the habits and constitution of individuals. At

each of the Pump-rooms there are several varieties of Waters, which are distinguished from each other by different numbers ; but the Water which at each of the Wells is designated No. 4, is that which, in the generality of cases, is to be preferred ; and, indeed, is the only one of the several varieties that an invalid should venture to drink, without the advice of a physician. The saline contents of this Water differ somewhat at the different Wells, but the difference is only in the proportions, for they all contain the same salts. The active ingredients in each are the sulphats of magnesia and soda, the muriate of soda, and perhaps the muriate of lime. Two large glasses, containing each about two-thirds of a pint of this Water, may be taken every morning, allowing an interval of about twenty minutes between the glasses : during this interval, the invalid may sit or walk, according to his inclination ; but in general, when the stomach is weak, it is better to sit for a few minutes after drinking, lest exercise might occasion nausea and sickness ; and for the same reason, it will be better to take the Water a little warm, as it will then be less likely to disagree with the stomach.

As to the choice of the Wells, it would be rather an invidious office to particularize either to the

prejudice of the others; a physieian, however, should not be influenced by any other considerations than his duty to the publie; and I declare, that if I thought either of them more benefieial than the others, the publie should have the benefit of that opinion. The faet, however, is, that speaking generally as I here do of the Waters, I cannot assign a preference to either Well; and the ehoiee must, in every instanee, depend on the nature of the disease for which they are used, and the eonstitution and habits of individuals. To assist this ehoiee, the following remarks may, perhaps, be found useful, when applied by invalids to their own cases. Where an inflammatory affection of the liver, or of any other organ, exists, or where there exists a suseeptibility to inflammatory action, the preference should be given to the Old Well, lest the greater stimulus of the muriate of soda in the other Wells might oceasion viseeral or organic excitement; but where the liver is torpid, the eireulation languid, and the system requires to be roused into action, those objects will be better effected by the Water of the Montpelier and Sherborne Spas. A coneentrated Water, under the name of "Solution," is kept in bottles at each of the Pump-rooms, and is occasionally added to the Waters, to quicken their operation. This Solution is made by evaporating the Water, or by dis-

solving the Cheltenham Salts. In my larger Treatise on the Waters, I have shewn that the state of combination in which the Salts are held in the Waters originally, is subverted and altered by evaporation; and, consequently, that the Cheltenham Salts, or concentrated Solution, is merely an artificial combination of the Salts contained in the Cheltenham Waters. I do not pretend to say that such a combination may not be used with advantage, but I should certainly recommend in preference the Waters in their natural state, and without any artificial admixture. Should the Waters alone not be found sufficiently aperient, it will be better to dispose the system for their action by taking at night an aperient pill, which may consist of a small quantity of the *pilula hyd.* combined with the extracts of rhubarb and colocynt. In most cases, indeed, such pills should be taken, for, by remaining in the bowels during the night, they will act on the ducts of the liver, and on the muscular structure of the intestines, so as to promote the expulsion of bilious and focal accumulations.

Respecting the other numbers or varieties of the Waters, it is not necessary to say much here, as they will seldom be used without the advice of a physician. Nos. 2 and 5 contain sulphuretted hydrogen, which is the gas that characterizes the

Harrowgate Waters, and like these Waters, may be used with advantage in cutaneous disorders, and also for the destruction of worms in children. The other numbers may be considered saline chalybeates, and may be used where it is thought advisable to combine chalybeates with saline aperients; but as such a combination is of very doubtful utility wherever the use of iron is indicated, it will be better to have recourse to the Cambray, or Original Chalybeate Spas.

The existence of so many numbers, or varieties, of Waters, at the Cheltenham Spas, has given rise to a suspicion that all these varieties cannot be genuine. There are many who suppose that one kind only can be genuine; and, consequently, that all the other numbers are factitious, or the distinctions between them imaginary. This opinion may be entertained by many, who may not have taken the trouble of considering the nature of Mineral Waters generally; but a little attention to this subject, and to the geological features of the valley in which these Spas are found, will be sufficient to remove this impression.

The Vale of Gloucester abounds, throughout its wide extent, with shells, and other marine productions; affording a sufficient evidence that at one

time it was covered by the waters of the ocean. These minerals are found in strata, more or less horizontal, as they chanced to be deposited from the receding waters; and these strata contain the materials, which, by chemical action and re-action, produce the Salts with which the Cheltenham Waters are impregnated.

These strata, however, are not continued uninterruptedly throughout the valley; they abound more in some places than in others, and are of different degrees of thickness; there is also a great variety in the proportions in which the minerals are distributed. One spot may abound with carbonate of soda, another with carbonate of lime, while muriate of soda, and muriate of magnesia, abound in other places; and the martial pyrites, which affords the iron and sulphuretted hydrogen, is only to be found in particular situations. As the Waters become impregnated by filtering from the surface through these different strata, it must be evident, from what I have here stated, that Wells, sunk in different parts of the valley, will receive waters impregnated according to the chemical nature of the materials with which they are surrounded; and as I have shewn how irregularly these materials are distributed, the source will be easily seen of these varieties of impregnation, which are marked by numbers at the different Pump-rooms.

CHAPTER III.

REGIMEN TO BE OBSERVED DURING A COURSE OF THE CHELTENHAM
WATERS.

UNDER the term regimen, a great deal is comprehended by physicians. It not only refers to the diet which is recommended in any particular case, or under particular circumstances, but also embraces air, exercise, society, or seclusion from society; and thus connects the physical necessities of the body with the moral influence of the mind. The particular regimen, therefore, which should be recommended to any individual, must have reference to both physical and moral powers; and diet, air, and exercise, are the only parts of it that can be subjected to general rules.

The direct effect which we expect from the Cheltenham Waters, is, to remove congestions of the bowels, and obstructions of the ducts of liver, and of the other chylopoietic viscera. This object is accomplished by moderate stimulations, aided by general dilution. The pills already mentioned, and the saline contents of the Waters, supply the stimuli, while the dilution is afforded by the watery menstruum of the Salts, and both may be considerably assisted by a mild and easily digested diet.

The breakfast may consist of two moderately sized cups of tea, black in preference to green, and the infusion not made very strong. With this may be taken two or three slices of bread, thinly covered with fresh butter. The bread should not be very fresh, and toast should not be taken. Hot bread and dry toast, by absorbing the gastric juice of the stomach, retard the progress of digestion. But, although food very dry will not be easily assimilated, the opposite extreme should be avoided; for, by drinking too great a quantity of fluids, the gastric juice may become too much diluted, and the powers of digestion consequently impaired.

Exercise, immediately after eating, disturbs the progress of digestion; it will, therefore, be advisable to rest about an hour after breakfast. This time may be passed in reading, and lounging on a sofa. Exercise should then be taken, either in a carriage, on horseback, or by walking, according to circumstances, taking care that its extent and duration be proportioned to the strength of the individual. Fatigue should, in every case, be avoided; and it will seldom be right for an invalid to take so much exercise as might induce perspiration. The body is braced by the pressure of the cool atmosphere on the surface, and the exercise taken by invalids should be merely such as is suf-

ficient to propel the blood into the extreme vessels, and prevent the atmospheric pressure from driving it from the surface to the internal and vital organs. A glowing sensation of warmth without head-ache, oppression, or nervous irritability, is the best criterion of this desirable balance in the circulating system. Of the great importance of exercise, in cases of convalescence from acute diseases, the following considerations will convey some idea. In health, and while taking ordinary exercise, the circulation is not carried on by the heart alone, but is assisted considerably by muscular contraction. In fact, every part of the system, when called into action, assists in propelling the blood through the march of the circulation. In acute diseases, the great excitement of the arterial system, renders confinement and inaction necessary, in order to lessen that excitement, and, consequently, the whole office of circulation devolves on the heart alone. A necessary consequence of this over-exertion and excitement is, an exhaustion of its vital and muscular powers; so that the slightest causes of mental agitation, a slight exertion of physical force, a stimulating diet, or the use of diffusible stimuli, will give rise to violent palpitations.

There are few persons who have recovered from

acute diseases, and have attended, during their convalescence, to their own sensations, that have not experienced in their own persons what I have here stated; and, as these symptoms are occasioned by the diminished energy of the heart, it is obvious that exercise, which assists in propelling the blood, must form the most rational basis of medical treatment. There are few, perhaps, that are subject to palpitations, who, at one time or another, have not made this observation—that the agitation of the heart is less perceptible to themselves, while taking moderate exercise, without, perhaps, being aware of the real cause—which is, the assistance given to the heart by means of muscular contraction.

In order to avoid fatigue, it is better to divide, by an interval of rest, the time to be devoted to exercise. During this interval, it may be right for the invalid to eat something. In persons, enjoying perfect health, it is better to fast entirely from breakfast till dinner; but some, from the delicate state of their health, and by far a greater number from habit, think it necessary to take something by way of lunch. Where the powers of digestion are weak and impaired, a sinking, or oppressive sensation, is experienced in the stomach, when entirely empty of food. When

this is the case, something should certainly be taken, but that something should be light, and by no means permanently stimulating—a crust of bread, or a dry biscuit, with a glass of sherry or Madeira, will be found fully sufficient.

The dinner should be simple and temperate. A variety of dishes, with strong and stimulating sauces, to urge the flagging appetite, are, under all circumstances, injurious, but during the use of the Cheltenham Waters, would be particularly injudicious. It is better to dine off one dish, or at most, off two: and the quality of the meat, provided it be sound, matters not much. Mutton chops, roast mutton, veal, fowls, &c. will afford a variety, and prevent that satiety which is sometimes occasioned by the long continued use of the same diet. For the first week of drinking the Waters, their effect will be much assisted by taking for dinner mutton, or veal broth; but, after that period, it will be better to recur to solid food, as the secretion of gastric juice is much promoted by the solid contents of the stomach. Bread should be taken in preference to vegetables. Much has been said about the quantity of liquids that should be taken at dinner, and various proportions have been mentioned as the proper one. I believe, after all, that nature is the best guide; for it surely can never be right to

drink precisely the same quantity of liquids under the different circumstances of more or less exercise, and more or less thirst. In winter, as in summer, and during the enjoyment of perfect composure, and in the feverishness of mental agitation, where the quality of the liquid is not such as to stimulate the palate by its taste or its flavour, there is no great danger of excess; so that, in recommending toasted water only to be taken at dinner, the quantity I conceive may be left to nature, or to the discretion of individuals.

A much more important circumstance is, to be moderate in the quantity of solid food. The organs of digestion are generally oppressed by overloading the stomach; and the imperfectly assimilated food, instead of affording nourishment, irritates the intestinal canal, and frequently occasions visceral inflammation. The nourishment conveyed to the system is by no means proportioned to the quantity of food put into the stomach, but to the perfection of digestion and assimilation; and as the organs of digestion, like all other organs, are debilitated by over-excitement, more nourishment will be conveyed to the system where the quantity of food is exactly proportioned to their powers of assimilation. To fix the exact quantity of solid food that should be taken, would be difficult, or

impossible, as it must depend on circumstances that may vary in each individual; but, in general, eight ounces of animal food, and four ounces of bread, or of bread and vegetables, will be fully sufficient, and, in many cases, a much smaller quantity.

Indolence and inactivity after dinner, will favour digestion and assimilation. The time may be spent in agreeable conversation, or in reading some interesting and amusing book. Two or three glasses of sherry or Madeira, and afterwards a cup of strong coffee, may be necessary to those who have been accustomed to the use of wine, or of other diffusible stimuli. About an hour before retiring to rest, (which should not be later than eleven o'clock,) something may be taken by way of supper, to keep up, during the night, the action of the stomach. A glass of sherry or Madeira, and a dry biscuit or crust of bread, or the same quantity of wine, made into negus, will be fully sufficient. Or, as some medicines are usually taken at night during a course of the Waters, instead of the above, a basin of gruel, or arrow-root, may be taken at the same time, which will assist the medicines taken in removing obstructions of the ducts of the liver, and materially promote the effects of the Waters on the following morning.

With regard to society and public amusements, no general rules can be given. The excitation of mind and body, resulting from a round of fashionable dissipation, may be useful, and highly beneficial in cases of disease originating in moral causes; but, in the generality of invalids, such a life would be attended with fatigue and exhaustion, succeeded by feverishness, restlessness, and irritability of the nervous system.

CHAPTER IV.

SYMPTOMS AND CIRCUMSTANCES CONTRAINDICATING THE USE OF THE WATERS.

THERE are few cases in which the Cheltenham Waters may not be used with advantage, if combined or alternated with proper remedies; and, perhaps, fewer in which they may not prove injurious, at one time or other, if taken without caution, or any previous preparation. In full habits, where the pulse is strong and vibrating, with a short neck, and a determination of blood to the head, there can be no doubt but the use of the Waters might be attended with considerable danger. The carbonic acid which they contain, together with the stimulation of their saline ingredients, and the further stimulus of distension from quantity, might, in such habits, excite the sto-

mach to such a degree, as to cause a sudden and violent rush of blood to the head, that might terminate in an apoplectic paroxysm. Such an unfortunate result would be more likely to occur in a morning succeeding to a night of dissipation, where the circulation had been kept up, during the preceding day, by a stimulating dinner, and strong wines, and the excitement continued till a late hour, by heated rooms and crowded apartments. The blood during all this time having been violently propelled to the vessels of the head, occasions a distension of its vessels; which distension, being partially removed by a short and feverish sleep, the half-collapsed vessels, in a state of morbid excitability, being again suddenly distended, from the causes already mentioned, may oppress the functions of the brain.

In such habits, before beginning a course of the Waters, aperient medicines should be taken, and should also be continued during their use, observing, at the same time, a regulated and abstemious regimen. When the symptoms above-mentioned happen to present themselves, recourse must be had immediately to cupping and general bleeding.

In inflammatory affections of the liver, the Waters might also be injurious. The excitement

which attends inflammation of any organ, would be increased by their use, but their more immediate action on the intestinal canal, by stimulating the ducts and vessels of the liver, would more particularly increase inflammation of that viscus. But, although they would be injurious in the commencement, when the inflammation has been removed by bleeding, and the other parts of the antiphlogistic regimen, the cure will be more effectually completed by a course of the Cheltenham Waters.

There is another state of the system that occurs very frequently, and in which the use of the Cheltenham Waters might be attended with considerable danger. This state occurs more particularly in persons in the better walks of life, who have accustomed themselves to take frequently stomatic and aperient medicines. Leading an indolent and luxurious life, they find, that the use of aperient medicines frequently removes sensations of oppression, and enables them to enjoy, with a keener relish, the luxuries of the table; but, as all medicines, when long continued, cease to produce the same effects, it becomes necessary every day to have recourse to stronger purgatives, till, at length, nothing but the most powerful and drastic medicines will have the effect of opening the bowels.

If the Cheltenham Waters are taken in such a habit, and under such circumstances, without any other medicine, and without any previous preparation, their insufficient stimulus of their saline ingredients, instead of opening the bowels, will irritate and rouse into action the exhausted vessels of the chylopoietic viscera; and, perhaps, occasion a disease that may afterwards prove fatal—a chronic inflammation of the mesenteric glands.

Having here alluded to that obstinate constipation of the bowels, which sometimes succeeds to the frequent and long continued use of drastic aperient medicines, I shall take this opportunity of entering my protest against, and of strongly reprobating a system, which has lately been pursued by some medical practitioners, in the treatment of this disease. The Author of *Waverley* has well said, that “certainty is the debt of interest.”—Whatever is concealed will excite curiosity, because it must always be doubtful; and where evidence is scanty, imperfect, or impossible, the credulous will always be duped by the crafty, and the designing. Having said so much, I shall now tear from this practice the veil of mystery; and if the public are still willing to be duped, let them, at least, have some idea of the nature of the delusion.

A person, habitually constipated from the causes

already mentioned, applies to one of the medical practitioners, to whom I have above alluded. He immediately assigns, as the cause, a stricture in the rectum. He states, that the constipation of the bowels is occasioned by a mechanical cause—in fact, by an agglutination of the sides of the rectum at a particular part of its canal, obstructing the passage of the fœces ; and that this mechanical obstruction can only be removed by mechanical dilatation.

The idea is plausible, and the whole series of cause and effect is within the scope of the weakest capacity. The simplicity of the cause assigned, and of the remedy proposed, flash instantaneous conviction on the mind of the patient. Nothing is now wanting to complete the delusion, but a particular examination, which accordingly takes place by the sagacious discoverer, who is sure to detect the existence of stricture ; and the mind of the unfortunate patient, being already prepared to receive this intimation with implicit faith, he is rendered miserable for life.

Now commences the system of treatment, which, once began, generally continues till the end of the chapter. The patient becomes, as it were, spell bound, and cannot be severed from the medical practitioner. A daily visit is absolutely

necessary, as Dr. O'Toole says in the Play, "According to his system." And, in fact, it becomes, in the end, indispensable; for, the business of nature being usurped by the operator, the operation must be daily performed.

The operator commences the dilatation, first with a small sized bougie, and every day a larger one is used, till at length it reaches the size of a moderate sized wax candle. This gradual increase of size affords to the mind of the unfortunate patient proof, amounting to demonstration, of the skill of the operator, and the efficacy of the remedy. This operation is daily performed; and, by violently stimulating the muscular structures of the rectum, it is generally followed by a discharge of the contents of the lower intestines. And, as this could scarcely be effected before by the most drastic medicines, it affords to the patient an additional proof of the efficacy of this remedy.

I have before mentioned, that a constipated state of the bowels is generally occasioned by the frequent and long-continued use of drastic purgatives. Every medicine in this state, in order to produce any effect, requires to be more stimulating than the last; and it is precisely on this principle that this operation acts on the bowels, by being

more stimulating than the most powerful purgatives. But, in proportion as it is more stimulating, so it is more dangerous, and when it has been continued for some time, one or the other of the two effects will inevitably follow. Either active inflammation of the bowels will take place, from the excitement of over stimulation, or, their tone and energy being destroyed from the same cause, general emaciation will take place, under which the patient will gradually sink, perhaps, from a chronic inflammation of the mesenteric glands, preventing nutriment from being conveyed to the system.

Having thus briefly sketched this disease, (constipation of the bowels,) from its beginning, to its final catastrophe, I shall again advert to its supposed cause, and the remedy employed for its removal. I am not prepared to assert positively that no such thing ever exists as a stricture in the rectum, but I confess I am inclined to that opinion; and I do believe that it does not exist in the living body. The daily descent of the fœces, by distending the intestinal canal, must prevent the apposition of its sides for a length of time, sufficient to occasion their agglutination, by the effusion of coagulable lymph. But were I to imagine any cause likely to produce this effect, the very operation used for

its removal, would, I conceive, of all others, be the most likely. A hard substance, such as a bougie, introduced into the irritable canal of the rectum, will occasion a contraction of its muscular fibres, at the extreme point to which the bougie reaches, and will there occasion, at least, a temporary stricture. From this cause, a surgeon, who is called on to examine, in order to ascertain the fact, should be very careful before he either pronounces the existence of stricture, or confirms such an opinion pronounced by another; as such a sensation may be conveyed by the finger, from the contraction of the circular fibres of the muscular coat of the rectum. I have seen a case in which a surgeon, who, I think, would not wilfully deceive, pronounced, after due examination, the existence of stricture. He tried the system of dilatation, but the patient becoming every day worse, an eminent physician was called in, who, expressing his doubts of the existence of stricture, was assured by the surgeon that he had felt it with his finger. The patient, however, becoming every day more emaciated, was recommended to go to London, for further advice; he was there again examined by surgeons of the first eminence, who were unanimous in their opinion that there was no stricture. The patient shortly afterwards died, in a state of extreme emaciation, and I have reason

to believe his disease was an affection of the mesenteric glands.

But although the practitioner himself may be occasionally deceived, the disease, from the very nature of it, admits great facility for delusion ; and it is much to be feared that there are some who avail themselves of this facility. The existence of such a disease generally remains a secret between the practitioner and the patient, more especially where the patient happens to be a female ; who being unwilling that even her nearest and dearest relatives should be aware of the nature of the disease, or the indelicacy of the remedy, both generally remain, as long as possible, an inviolable secret between herself and the sagacious discoverer.

As obstinate constipation of the bowels is the real disease of which stricture of the rectum is the supposed cause, but which is in reality occasioned by the long-continued use of drastic purgatives ; it follows, that the first step towards a cure must be, to discontinue the use of such medicines. By a well regulated and judicious regimen, this habit of body may be gradually changed, and the bowels will then be found either to act of themselves, or by the assistance of mild aperients, such as infusion of senna, with manna and Epsom salts, and occasionally the Cheltenham waters.

CASES.

CASE I.

IN November, 1821, I was consulted by Miss L——, a young lady, who gave me the following account of her state of health:—

Her nights were generally restless and uncomfortable. She was easily agitated, and any agitating circumstance, or unexpected event, produced a determination of blood to the vessels of the head, which was immediately evinced by a flushing of the face, and a throbbing sensation in the temporal arteries. Whenever this rush of blood to the head took place, the eyes became red and inflamed, owing to the red particles being impelled into vessels, which, in their natural state, admit only a colourless fluid. The appetite was variable and capricious, and most of the natural functions were either imperfectly or irregularly performed. A popular eruption had latterly appeared on the face, for which, as she could assign no cause, it contributed not a little to increase her uneasiness; and it certainly aggravated the other symptoms of disease.

The pulse I found as high as 100 pulsations in a minute ; but in subsequent visits, even before the medicines I prescribed could have operated any material change in her general health, I found it to vary considerably ;—I frequently found it at 90, and sometimes as low as 84, but never as slow as what in her case might be considered the standard of health. By inquiry I learned, that her mother had died a few years before, after a long and lingering illness, during which I ascertained she had been unremitting in her attendance ; and as the bare mention of her name in answer to my inquiries was sufficient to produce, even then, a visible and uncontrollable emotion, it was evident that she had regarded her mother with more than common affection. Her studies and pursuits, I found had been chiefly intellectual, and the cultivation of her mind had, as it usually does, increased its natural sensibility.

From these facts I inferred that her ill health had originated in the moral causes already mentioned, which having first occasioned an irritability of the nervous system, had given rise to vascular excitement ; and that the derangement of the nervous and vascular systems had produced a consequent derangement of the functions of digestion, and of the other natural functions.

The frequent and violent determination of blood to the head, from causes merely affecting the mind, was a clear indication that the balance between the nervous and vascular systems had been considerably disturbed: and to the mechanical distension of the vessels of the face, occasioned by these local determinations, I attributed the popular eruption.

To improve the gastric secretion, and the general function of digestion, she took small quantities of the pilula hyd. in combination with stomachic and aperient medicines, two or three times a day; and two large tumbler glasses of the water No. 4, of the Montpelier Wells, every morning. I recommended a plain and rather abstemious diet, and that exercise should be regularly taken in the open air every day, but not carried so far as to produce fatigue or exhaustion.

When the digestion had been improved, and the vascular excitement considerably lessened by these remedies, I directed sulphur baths to be used two or three times a week: and to determine to the vessels of the surface, and promote the cutaneous secretion, a wine glassful of the decoction of sarsaparilla was taken three or four times a day, and the sulphuretum antimonii præcipitatum, was given in combination with the pills.

Although a local affection may proceed from constitutional causes, it will generally require for its cure the application of local remedies. The vessels of a part may, from such causes, have acquired a diseased action; and although these causes may either have ceased, or have been removed by medical treatment, the diseased action may still continue and constitute a local disease. The eruption on the face of Miss L-—— I supposed to have been occasioned by the impulse of blood to the head, producing a mechanical distension of the vessels of the face; and although the remedies which I had already prescribed, might, by moderating the impulse of blood to the head, remove the cause of the eruption, it was evident that some local application would be necessary to lessen the calibre of the distended vessels. With this view, I directed a lotion, consisting of a solution of the muriates of mercury and ammonia in alcohol, which, by its stimulating effect, and by the abstraction of caloric by evaporation, might produce a contraction of the vessels. But as I had found by experience, that the first applications of this stimulating lotion, generally occasioned pain and inflammation, I directed another lotion, consisting of acetate of lead, combined with the emulsio amygdali communis, to be used alternately with the other.

These remedies were continued for seven or eight weeks, without any other alteration, than that the sulphuretted Water, No. 2, was substituted for No. 4, when the latter had been drunk about a month, and the digestion had been considerably improved by its use. Her general health had by this time been materially improved; and the eruption, although not yet entirely removed, had experienced a visible amendment. Miss L. having occasion to leave Cheltenham about this time, she was recommended to persevere in the same medicines, and the same regimen; and, should the eruption not be permanently or entirely removed, to re-visit Cheltenham in the ensuing spring.

CASE II.

IN July, 1821, I was consulted by J. F. L——, Esq. a Gentleman about 36 years of age, labouring under the consequences of a late attack of gout; a disease hereditary in his family, and from which he himself had already suffered several severe attacks. His last attack was a very violent one, and his physician had found it necessary to give him the colchicum autumnale, in considerable quantity, and in a great variety of forms. I found him under a considerable degree of nervous irritability, and impressed with an opinion that his

constitution had been injured by the use of the colchicum. Pulse 90—tongue furred—no appetite—stomach weak and irritable. The ancle and knee-joints of both the lower extremities swelled and painful. It was not without great difficulty and inconvenience that he was able to walk even a short distance, by the use of a stick in one hand, and leaning with the other on the arm of a friend. I directed effervescing draughts frequently during the day, and at night a draught, consisting of tinct. humuli lupuli, in combination with saline remedies, to remove feverish excitement.

He was also directed to drink two middle-sized tumbler glasses of the Saline Water, No. 4, every morning; and, to assist the effect of the Waters, in restoring the healthy action of the liver, stomach, and other organs concerned in the process of digestion, he took small doses of the pilula hyd. in combination with stomachic medicines. A light diet, with a moderate quantity of old sherry, mixed with water, was recommended to him, and exercise in a carriage in the open air. By these remedies, and this regimen, his general health was considerably improved; but the swelling of the joints still continuing, I recommended that they should be rubbed with the hand, for at least an hour, every day. He found so much benefit from

the rubbing, that, at his own desire, it was extended to two hours a-day; but, in the course of a few days, the joints became again so painful, that I directed the rubbing to be discontinued altogether, lest it should bring on another fit of the gout.

Finding that the rubbing had not succeeded, I directed an embrocation, consisting of liq. amm. acet. tinct. camphoræ comp. and tinct. opii. by the use of which, the swelling and debility of the joints were removed in a very few days. He continued for some time the use of the Water, No. 4, and took besides some bitter stomachic medicines; and although business obliged him to return to London sooner than was consistent with a perfect recovery, his health was comparatively re-established.

CASE III.

IN October, 1821, I was consulted by W. S——, Esq. a Gentleman about 36 years of age. He complained of general debility, languor, and dislike, and even incapacity, for mental or bodily exertion. By attending to his own sensations, he had frequently observed, that whenever he wished or endeavoured to prosecute any particular train of thought, he found it impossible, for

any length of time, to command his attention. The chain of ideas with which he set out was broken, notwithstanding all his exertions to preserve their connection, and some other train of thinking always obtruded itself. In common conversation the same thing occurred. However anxious he might be to attend to the subject of conversation, or however interested he might feel, he frequently found, that, even in the act of delivering his sentiments, the subject of discussion had escaped from his memory. In addition to this, sudden or unexpected occurrences, or slight causes of anxiety or agitation, caused the blood to rush to his head, and produced giddiness and vertigo. By further inquiry, I learned, that he had been for several years engaged in mercantile pursuits, of a nature precarious and fluctuating, and well calculated to keep the mind in a state of uncertainty and feverish anxiety—that is, in speculations on the Stock Exchange: and I judged that the attention which he had bestowed on this one object of anxious pursuit, had considerably shaken the powers of the nervous system, and through it had injured his general health.

With these pathological views of the case, I directed my chief attention to the organs of digestion; and, in order to restore their tone and energy, I

ordered small quantities of the pilula hyd. in combination with stomachic and aperient medicines, to be taken two or three times a day, and two large tumbler glasses of the Cheltenham Water, No. 4, to be taken every morning. I recommended a plain diet, without pickles or stimulating sauces; a few glasses of good sherry to be taken during dinner; a good deal of exercise in the open air, either by walking, or riding on horseback, or in an open carriage; a part of the morning to be dedicated to literary pursuits, of which I found he was passionately fond; but the evening I recommended should be entirely devoted to the amusements of agreeable society.

Under this plan of treatment his health was greatly improved. He slept well, had a good appetite, and the function of digestion was regularly performed; and although he occasionally found himself relapse into fits of abstraction, their occurrence was now comparatively rare, and they were seldom so marked as to draw on him the attention of others.

CASE IV.

IN May, 1820, I was consulted by Lieut.-Col. K——, of the Hon. East India Company's Ser-

vice, who had but a few weeks before arrived from India, after a residence there of upwards of thirty years, during which time he had suffered several attacks of fever, of cholera morbus, and of inflammation of the liver. He was greatly emaciated and debilitated, and had latterly suffered much from dysenteric symptoms. Pulse small, frequent, and irritable; tongue covered with a white incrustation, having a dark line along the centre; much restlessness and nervous irritability, with a total loss of appetite. Under these circumstances, I did not judge it advisable that he should immediately begin the waters, although he had come to Cheltenham for that purpose. I ordered some mild aperient medicines, alternated occasionally with opiates and astringents, and directed a diet, consisting principally of arrow root, sago, and chicken broth. Under this treatment the dysenteric symptoms were removed in the course of a week. The pulse became soft and equal, and the general irritability of the system was considerably abated. He now began to use the Cheltenham Waters, taking two large tumbler glasses of No. 4, every morning. He took at night pills, composed of extract of rhubarb, and pilula hyd. His diet now consisted of broths and jellies, and occasionally boiled fowls, and he still continued the arrow root and sago. After he had used the

waters about a fortnight, he was ordered a tonic mixture, to be taken occasionally to strengthen the tone of the stomach, and of the other organs of digestion. Having continued this plan for some time, he left Cheltenham with his health considerably improved.

CASE V.

IN January, 1821, I was consulted by J. T. C——, Esq. who gave me the following account of his state of health :—

He stated that his appetite was tolerably good, and that the functions of digestion and assimilation were regularly performed, or, at least, that they had not attracted any particular attention; but that his nights were restless, uncomfortable, and sleepless, insomuch that he dreaded the approach of that hour which to others brought rest and restoration of energy. That he was occasionally seized with rigors, which appeared to commence about the cervical vertebræ, and to proceed down the back, following the course of the medulla spinalis. So well marked were these rigors on some occasions, that the physician who had before attended him, had given him bark, under the idea that his disease was a regular intermittent.

Thus far he explained his case and his own sensations. By further inquiry, I learned that he had always enjoyed good health, but that he had been of what may be termed a nervous and excitable temperament—occasionally possessing an uncommon flow of spirits, and occasionally depressed, from what others might, perhaps, consider inadequate causes. That he had usually kept his mind actively employed: and, from his literary acquirements, it could be easily perceived that he had been principally occupied in literary pursuits, which, no doubt, had increased his natural sensibility, and rendered him more feelingly alive to every external impression. At present, his whole attention was directed to the state of his health; nor could he, by any effort of the mind, turn his attention to any of his usual pursuits; and, as no interval of rest could be procured to interrupt this train of thought, he became daily more anxious and agitated.

Having considered these circumstances, I was of opinion that a morbid state of the blood vessels of the brain, and of the organs in the epigastric centre, was the immediate and physical cause of all his complaints, and of all his uncomfortable sensations—that is, that they were occasioned by an unequal distribution of blood in

the system—that congestions of blood in the vessels of these organs oppressed their respective functions, whilst the vessels and the surface of the body remained comparatively empty, producing to the eye the appearance termed “*cutis anserina*,” and to the feelings of the patient the sensation of rigor. It is known to pathologists, that if an organ is kept very actively employed, or is frequently thrown into a state of excitement, it will acquire an increase in the calibre of its vessels, and also an increase in its circulating system : from these pathological principles, I inferred that, in the present case, a great determination of blood to the vessels of the head existed, occasioned by long continued intellectual application ; and that congestions of blood, in the venous sinuses of the brain, by preventing the free flow of venous blood into the descending cava, produced a corresponding congestion in the large venous trunks in the abdomen, and of the organs in the epigastric centre.

Agreeably to these pathological views, I ordered a draught to be taken at night, consisting of tincture of hyosciamus, acetated water of ammonia, volatile aromatic spirit, &c. the object of which was to compose the irritability of the nervous system, and to relieve internal organic congestions, by de-

termining the blood to the vessels of the surface, and thus equalizing the general circulation. And, with the same view, I directed pills to be taken occasionally, consisting of cathartic extract, extract of rhubarb, &c.—which, by keeping up the action of the intestines and biliary vessels, would not only relieve the congested vessels of the brain, but would increase the venous circulation in the branches of the ascending cava.

As I considered the brain to be the organ more immediately connected with his disease, I also directed cupping from the back of the head, which, by more immediately lessening the quantity of blood in the vessels of the brain, would have more effect than general depletion in relieving congestion of that organ. With regard to diet, I allowed him to consult his own appetite and taste, and only recommended that he should be temperate—that is, that he should not oppress his stomach by too great a quantity of food, nor over-stimulate it by too much wine. I recommended that exercise should be regularly taken, but not to the extent that might occasion fatigue; and that the restlessness, and desire for change, together with the feelings of causeless anxiety, should be resisted, or, at least, moderated, by an effort of his own mind.

To procure sleep, and to calm nervous irritability, besides the hyosciamus, lactucorium, castor, and the extractum humuli, had been at different times ordered for him. These medicines, varied according to circumstances, have sometimes succeeded in procuring sleep, but they have been also frequently unsuccessful. Opium, as might be expected, always increased excitement, and was consequently found injurious, but whatever determined to the vessels of the surface, was found the most generally successful in procuring sleep; for which reason a dose of James's Powder has frequently produced that desirable effect, after the whole of the narcotics and sedatives have been tried in vain.

Under this plan of treatment he has considerably improved, and is now (February 18, 1821,) comparatively better; but having occasion to leave Cheltenham for some time, I advised him to persevere in the use of the same remedies, and recommended that in the spring he should use a small quantity of the pilula hydrargyri, or blue pill, in combination with the pills which he now uses, and drink at the same time the Cheltenham Water, in order to strengthen the stomach and organs of digestion, to prevent obstructions of the chylopoietic viscera, and to improve the biliary secretion.

CASE VI.

IN August, 1820, I was consulted by Sir J. C——, Baronet, who gave me the following account of his state of health :—

He stated that his appetite was tolerably good, and the functions of digestion and assimilation regularly performed, or, at least, that they had not attracted any particular attention ; but that his nights were restless, uncomfortable, and sleepless, insomuch that he dreaded the approach of that hour which to others brought rest and restoration of energy. If his bed-room happened to be in a public situation, sleep was utterly unattainable, even by the aid of narcotic and sedative medicines. The knowledge that a public coach should, at a certain hour in the night, pass the house in which he resided, would inevitably prevent the accession of sleep ; but a clock, which announced the time every quarter of an hour, not only prevented sleep, but made him perfectly miserable, as his attention was unceasingly directed to an event which he knew would occur at such short and such measured periods.

Thus far he explained his sensations ; by inquiring further, I ascertained, that during the last twenty years he had been actively employed in a

diplomatic capacity ; and that he had lately filled the highest station which an Englishman can fill at a foreign Court—he had been his Majesty's Representative. I found also reason to conclude, that, although he had been gratified with the distinctions which had been conferred on him, his ambition had by no means been satisfied ; and that a peace, which had rendered his further services unnecessary, had not lessened his desire for fame and distinction. In addition to this cause of mental inquietude, a wife, whom he dearly loved, had died about eleven months before ; and the anniversary of that melancholy occurrence, was another event to which he directed his anxious attention.

Having considered all these circumstances, I was inclined to think, that, although his illness might have originated in moral causes, that these causes had since induced such a state of the vessels of the brain, and of the organs in the epigastric centre, that the morbid condition of these organs was the immediate and physical cause of all his complaints. In fact, that they were occasioned by an unequal distribution of blood, particularly by an increased determination to the vessels of the brain, disturbing the balance between the nervous and vascular systems, and occasioning a derangement of the functions of that organ.

To remedy these physical changes in the circulating system, aperient medicines were first prescribed, and blood was also taken away from the head by cupping. Lest obstructions of the biliary ducts, or of some of the other abdominal viscera, by pressing on the ascending cava, might prevent the free return of blood from the brain, pills, consisting of the pilula hyd. extract. rhei, &c. were directed to be taken at night, and the Saline Cheltenham Water, to be taken every morning. To procure sleep, tincture of hyosciamus, or some other preparation of it, was usually given him, going to bed; and as much exercise during the day on horseback, or in an open carriage, was recommended, as he could bear without fatigue. By continuing these remedies for some time, and observing, during their use, an abstemious and temperate regimen, his health was materially improved; and, although his restlessness, and other uncomfortable sensations, were not entirely removed when he had occasion to leave Cheltenham, I have reason to think, that a longer perseverance in their use would have completely re-established his health.

CASE VII.

IN the autumn of 1821, I was consulted by G. F. T——, Esq. of the Hon. East India Com-

pany's Service, who had lately returned to England, after a residence of five-and-twenty years in the climate of the East. During that period, he had suffered a great deal from the epidemics and endemics of India. He had had several attacks of what is called in India the "Jungle fever,"—a kind of remittent, somewhat analogous to the yellow fever of the West Indies, and of the Coasts of the Mediterranean. He had also suffered from cholera, dysentery, and hepatitis; and his constitution was much impaired from the effects of these tropical diseases: countenance sallow, eyes suffused, appetite impaired, tongue furred, (particularly in the mornings,) a general restlessness and anxiety prevailed, and his bowels were generally constipated.

Judging that the stomach, and the other organs concerned in the process of digestion, had suffered from these repeated attacks of disease, and from the excitement occasioned by the heat of the East Indies, and the habits of living usually adopted there, I directed my attention to these organs. Pills, consisting of the pil. hyd. extract. rhei, et extract. colocynth. comp. were directed to be taken at night, and two large tumbler glasses of the Water, No. 4, to be taken every morning. A light and easily digested diet was recommended, toge-

ther with regular exercise, and early hours. Besides these remedies, the decoction of sarsaparilla, with tincture of colombo, was taken three or four times a-day, in order to obviate the injurious effects that might have arisen from the mercury, which he had several times taken for the cure of tropical diseases, and also to strengthen the general system, and more particularly the system of digestion.

Under the above plan of treatment, his health considerably improved. His appetite was restored, and the sallowness of complexion removed; and, by having recourse to the Cheltenham Waters, every season since the above, he continues to enjoy good health.

CASE VIII.

IN the summer of 1821, I was consulted by J. M. —, Esq. who gave the following account of his health:—He complained much of head-ache, and general restlessness. Bowels frequently constipated, and always requiring the aid of aperient medicines. At night, he was generally restless and uncomfortable, and had very little sleep. The hurry of business, or any agitating circumstances, threw him into a tremor, and sometimes occasioned

vertigo. He found it difficult to apply his mind to any subject; and the apprehensions which he entertained about his health, increased his nervous irritability, and rendered him still more susceptible of external impressions. He was of a full plethoric habit, and florid countenance, with an evident determination of blood to the head. By inquiry, I learned, that for years he had been in the habit of being frequently cupped, which had generally afforded him a temporary relief; but that, latterly, the symptoms had become much worse, and cupping had not afforded the usual relief.

I told him, that although cupping might be occasionally useful, and even necessary, it could only be considered a temporary remedy; and that, in order to obtain a permanent cure, it was necessary to have recourse to other remedies; that the blood which is taken by cupping from the vessels of the head, is immediately replaced from other parts of the system: and that it is probable, that the increased impetus with which blood flows into vessels emptied by the operation of cupping, may occasion an increased distension of these vessels; and, consequently, that frequent cupping, by increasing the calibres of the vessels, may really increase, instead of diminishing, the quantity of blood transmitted by the vessels of the brain.

From these pathological views, I recommended pills, consisting of extract. colocynth. comp. extract rhei, et pilula hyd. to be taken at night, and two large tumbler glasses of No. 4, to be taken every morning. To allay nervous irritability, and diminish general excitement, I directed to be taken at night, at the same time with the pills, a draught, composed ex. aqua. acetatis ammonia, vino. tart. arat. tinct. hyosciamus et lympo pap. somnif. A spare diet, with moderate exercise, were also recommended. Having continued this plan for some time, all the unfavourable symptoms ceased. He now sleeps perfectly well, no longer suffers from nervous irritability, and has never since had occasion to have recourse to cupping.

CASE IX.

IN August, 1822, I was consulted by a young Lady, 18 years of age, from whom, and from her mother, I had the following account of her case:—About two years before the period at which I was consulted, the catamenia had suddenly ceased. After that event, her health gradually declined. Her appetite was impaired, and became capricious. She complained of pain in the region of the stomach, and there was much difficulty in restraining her from eating wafers, sealing wax, and other

indigestible substances. She became pale, sallow, and bloated. Incapable of undergoing, or, at least, unwilling to undertake much mental or bodily exertion—under these circumstances, she had consulted several physicians, but up to the period at which I saw her, the catamenia had not returned, and her health had continued to decline. I was shewn all the prescriptions which at different times had been ordered for her by the different physicians she had consulted; they were such as are usually given under such circumstances, and principally consisted of chalybeates and other tonics. Finding that the chalybeate and tonic plan had failed to effect the object desired, I recommended a course of mild aperient and stomachic medicines, with the view of acting on the alimentary canal, the stomach and organs of digestion, and through them, of influencing the uterine system. With this view, I directed pills, composed of extract. *rhei pilula hyd. et aloes socotorinæ*, to be taken at night, and two large tumbler glasses of the Cheltenham Water, No. 4, to be taken every morning. I recommended exercise, early rising, and an abstemious regimen. Having persevered in this plan for some time, the catamenia returned. Her general appearance was improved, and she has since continued to enjoy good health.

CASE X.

IN August, 1822, I was consulted by Lady K——, who had come to Cheltenham on account of her health. She complained of want of appetite, attended with frequent nausea, particularly in the mornings; a feeling of fulness in the region of the liver, the eyes were yellow and suffused, and the countenance dark and muddy. Besides these symptoms of indigestion and biliary derangement, she also laboured under some chlorotic symptoms. She took the pills and waters which I have mentioned in other cases, observed an abstemious diet, and took regular exercise in the open air, sometimes by walking, and sometimes in an open carriage. Having persevered in this plan for about a month, I directed a mild tonic to be taken occasionally, to strengthen the tone of the stomach and assist digestion. She shortly afterwards left Cheltenham, her health having been completely re-established.

CASE XI.

A YOUNG Lady consulted me in July, 1819, with the following symptoms:—General debility of the system, with great emaciation. Frequent and violent palpitations, particularly when attempting to walk up stairs. Distressing head-aches, attended

with a continued throbbing of the temporal arteries, pulse small, tremulous, and unequal, never less than 100 pulsations in a minute, and frequently as high as 130. She stated that she seldom had any sleep at night, but was restless and uncomfortable, and generally in a state of febrile excitement. Her skin was hot and dry; had no appetite, and the functions of digestion and assimilation were irregularly and imperfectly performed. She had, at the time she consulted me, been several years an invalid, and had used, at different times, a considerable quantity of mereury, which her physician had ordered her, under the impression that her illness was occasioned by an affection of the liver. Finding, however, that her complaints were not removed, but were rather aggravated by the use of mercury, she had some time before consulted another physician, who was of opinion that her illness was occasioned by some organic affection of the heart. The remedies which were suggested from this view of her case, she thought, at the time, had afforded her some relief; this relief, however, if real, was but of short duration; and she was now worse than at any former period of her complaint.

Having considered all the circumstances connected with the case, and particularly the rapidity

and irregularity of the pulse, it appeared more probable to me, that her illness was occasioned by some general causes producing a febrile excitement of the system, than by any organic affection either of the liver or the heart. There was neither swelling, pain, nor induration of the liver, nor that sallowness of complexion, and general anxiety, which generally accompany chronic affections of that organ. Nor was there that purple livid colour of the lips or face which, by shewing an imperfectly oxydized state of the blood, indicates the existence of an organic disease of the heart.

From these views, I was inclined to refer the cause of her complaints to the state of the organs of digestion, and of the chylopoetic viscera; and having inquired into the state of her appetite, and the particulars of her diet, I was further confirmed in the truth of this opinion. As general debility and emaciation were the most prominent features of her complaint, she had been recommended a generous diet for the purpose of obviating these symptoms. With this view she had been in the habit of eating animal food frequently in the course of the day, and generally, besides, had eggs for breakfast and luncheon, and very often for supper; she was also allowed strong coffee, and a good proportion of generous wine.

It appeared to me, that a diet so stimulating and so indigestible, in a delicate constitution, and where the digestive organs were necessarily weak, was sufficient to occasion the quickness and irregularity of the pulse, and also to produce palpitations, and general febrile excitement; I therefore directed that the eggs and coffee should be discontinued. That tea only, with bread one or two days old, thinly covered with fresh butter, should be taken for breakfast, and that animal food should be taken but once in the twenty-four hours. A little sherry and water was allowed, as she had been so long accustomed to the use of stimulants. To strengthen the digestive organs, and promote assimilation, she was directed to take at night, occasionally, pills, composed of extract. colocynth. comp. et extract. rhei; and two half-pint glasses of the Cheltenham Water, No. 4, the following morning, allowing an interval of about twenty minutes between the glasses. To procure sleep, a variety of narcotic and sedative medicines were tried—lactucarium, opium, humulus, and hioscyamus, were successively used, with very variable effects. That which of all others appeared to produce the best, was a pill composed of two grains of James's powder, and one grain of the extractum humuli. Leeches were also occasionally applied to the chest and region of the heart, and their ap-

plication had invariably the effect of diminishing palpitation, and moderating the action of the arterial system. By persevering in this system of treatment, occasionally using, and occasionally omitting, the use of the Cheltenham Waters, this young lady's health is now considerably improved.

CASE XII.

IN September, 1821, I was consulted by a young man about eighteen years of age, with a well marked case of jaundice. The suffusion was of the deepest tinge, and extended to every part of the body. The pulse small, slow, and feeble; the skin and extremities cold and torpid; bowels constipated; there was general langour and debility, and even gentle exercise occasioned great fatigue and exhaustion; his appetite was tolerably good, and pressure on the liver or any part of the abdomen occasioned not the slightest uneasiness. He was directed pills, consisting of the *extractum colocynth. comp.* *extract. rheirussici*, and *pilula hyd.* to be taken at bed-time, together with a draught of the *aquo acetatis ammoniæ* and *vinum tartratis antimonii*, and two large tumbler glasses of the Water, No. 4, to be taken every morning. A warm bath was also directed every second day. A light diet was enjoined, with moderate exercise. Under this

treatment he speedily recovered, and was enabled to leave Cheltenham in about three weeks, his jaundice having been entirely removed.

CASE XIII.

IN July, 1822, I was called to see Lord F——, in consultation with another physician. His case was that of an inveterate jaundice, for which his physicians had sent him to Cheltenham, after all other remedies had failed to remove it. At the time I saw him, he had been using the Cheltenham Waters for some time, without the least benefit; and a small quantity of mercury, which he had taken in combination with other medicines to assist the effect of the Waters, had affected his mouth so violently, that the blood flowed from his gums; he could neither eat, nor drink, nor sleep, and experienced the most agonizing torture; his age was about 70, and his constitution considerably broken. Pulse small and feeble, about 68 pulsations in a minute; the temperature of the surface of the body considerably diminished; general languor and debility, and the least exertion occasioned faintness and exhaustion; there was neither pain nor swelling in the region of the liver, and pressure of the abdomen occasioned no uneasiness.

The plan of treatment which had been hitherto followed, was that of powerful depletion, by means of drastic mercurial purges, together with the Cheltenham Water, No. 4, in order to remove any obstruction that might exist in the ducts of the liver; but as it had not succeeded, and his exhaustion and debility were extreme, we agreed that it was now necessary to adopt a different system. The spongy vessels of the gums allowing the transudation of blood, although the quantity of mercury used had been very small, clearly indicated a deficiency of vital power in the blood vessels, and pointed out the necessity of a tonic plan of treatment. With this view we directed that the Cheltenham Waters should be discontinued, and ordered a pint of the decoction of sarsaparilla to be taken in the course of the day, with a few drops of the muriated tincture of iron in each glassful of the decoction, and that the bowels should be merely kept moderately open with pills of the extract of rhubarb and colocynth. We directed a nourishing diet, allowed him to drink brandy and water, in moderate quantity, and recommended that he should take some exercise in the open air, of such a description as would occasion the least fatigue, and require the least exertion. An astringent gargle was also directed to restrain the hæmorrhage from the gums. Under this plan of

treatment, he recovered a little ; but his impatience to return to Ireland was so great, and his constitution being so shattered that perfect recovery did not appear probable, as soon as he had gained as much strength as enabled him to undertake the journey with safety, we did not oppose his wishes.

I have allowed the above two cases to follow in succession, as they afford a striking illustration that the same remedies will not always be successful in the same diseases ; and that although the Cheltenham Waters are, generally speaking, successful in the removal of jaundice, they are not invariably so. In fact, that neither they, nor any other remedy, should fall into disrepute because they fail in the cure of incurable diseases !

CASE XIV.

IN September, 1820, I was consulted by Capt. M——, of the Hon. East India Company's Service, who had returned to England, on account of his health, after a residence in India of about fourteen years. His appetite was bad ; he complained of pain in the stomach, which was considerably increased, after eating. There was also

some pain in the region of the liver, attended with great irritability of the nervous system, and general restlessness and anxiety. The bowels were constantly out of order. On his first arrival in Cheltenham he had been recommended to drink the chalybeate water, as he had complained much of debility and want of appetite; but the use of the chalybeate had aggravated all the symptoms, had increased the nervous irritability, destroyed his appetite, and, by exciting the vascular system, had nearly thrown him into a fever. By my advice he discontinued the chalybeate, and began to drink the saline water, No. 4, taking at night pills, consisting of *pilula hyd. extract. rhei et extract. colocynth. comp.* I recommended moderate exercise, and an abstemious diet. He told me that he had used a good deal of mercury in India, on account of an eruption or thickening of the skin on the soles of the feet, something of the nature of elephantiasis, but that the mercury had not been of the slightest use. On this account, and to improve his general health, I directed the decoction of sarsaparilla to be taken, in the quantity of a pint in two days. The pills and waters to be continued. He persevered in this plan for some time, with the greatest advantage, and even continued the decoction of sarsaparilla for a considerable time after he had discontinued the waters. By these means,

his general health was not only restored, but the eruption which had so long baffled the power of other remedies, was also completely removed.

It is more probable, that the eruptions in this case had been a consequence of a generally disordered state of the system, and that it had been removed by restoring the general health, than that it could have been removed by any specific power, which the sarsaparilla or waters possess of curing such an eruption.

CASE XV.

A married Lady, 32 years of age, consulted me in June, 1822. She had come to Cheltenham, on account of her health, from one of the remotest towns in England, a distance of about two hundred miles; and so very ill was she at the time of leaving home, that she was apprehensive she should never arrive at the end of her journey. She was induced, however, to undertake it, by the advice of her medical attendants, who were of opinion that it afforded her the only chance of recovery.

Although a young woman, she had already borne several children; by which, together with a long residence in the climate of the East Indies, her con-

stitution had been considerably impaired. During several weeks before she left home, she had been confined to her bed, with what might be considered chronic inflammation of the abdominal viscera; one attack of inflammation following another so rapidly, as to endanger her dying of absolute exhaustion.

When I first saw her, her pulse was small, wiry, and unequal. Countenance suffused, and expressive of great anxiety, tongue covered with a white incrustation, with a yellow streak along the centre; pains in her back, loins, and in all the joints; bowels constipated, nausea, and thirst; and pressure of the abdomen occasioned the most excruciating pain, more particularly along the course of the colon, and deeper in the region of the duodenum.

I directed, in the first instance, leeches to be applied to the abdomen, particularly to those parts which were the most tender on pressure. After which a warm bath, and some James's powder, and extract of hyosciamus, at bed-time, to be followed up by a mild aperient in the morning, consisting of an infusion of senna, with manna, salts, and tincture of rhubarb. I enjoined perfect quiet, and prohibited animal food in every form, and de-

sired that her diet should consist entirely of arrow-root, sago, and gruel. Under this treatment she rapidly recovered; and, in the course of a week, the pain and tenderness of the abdomen were completely removed, and she was able to take exercise in a carriage. Finding herself, however, so much better, she imprudently attempted exercise by walking; and, having fatigued and heated herself by a long walk, she was again seized with all the symptoms already enumerated. From this she recovered by the same system of treatment, but again relapsed by a similar indiscretion. After the second relapse, she became more careful; and when she had so far recovered as to be able to walk to the Wells, she drank No. 4, for a considerable time, with the most decided benefit. She left Cheltenham in comparatively good health, and has since continued to improve; so that at present, I am given to understand, her health is better than it had been for several years.

CASE XVI.

IN June, 1822, I was consulted by Mr. P——, on account of an eruption which covered his hands and face, the greater part of the scalp, and extended to several other parts of the body. It appeared to be a species of elephantiasis, as white

scales were continually separating from the parts over which the eruption extended. He had tried, he told me, all kinds of lotions and ointments, but without the least benefit. I determined to try the effects of the Cheltenham Waters, with other remedies calculated to improve the general health. With this view, I directed pills, consisting of the pilula hyd. extract. rhei, &c. to be taken at night; and the Cheltenham Water, No. 4, to be taken every morning. I directed, besides, a pint of the decoction of sarsaparilla, to be taken in divided doses, every day; and a lotion to be used frequently, consisting of a solution of muriate of mercury in alcohol. He has since persevered in these remedies, occasionally omitting, and afterwards resuming, the use of the Waters. One of the greatest inconveniences attending the eruption is now removed—that is, the continual separation of the white scales. On the whole, he is so much better, that, although every trace of the eruption is not yet removed, there is reason to believe that, by persevering in the same plan, he will ultimately obtain a perfect cure.

FINIS.

ERRATA.

Page 14, line 22, for "*focal*" read *fæcal*.

27, line 4, for "*their*" read *the*.

27, line 18, for "*debt*" read *death*.

33, line 17, for "*popular*" read *papular*.

47, line 2, for "*lactucorium*" read *luctucarium*.

54, line 9, for "*arat*" read *antin*. and for "*lymp. pap*" read
syrup. pop.

60, line 21, for "*aguo*" read *agua*.

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